

What is Your Social Wellness?

Are your relationships satisfying? How are you at developing and nourishing your relationships?

Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom = 0 points

_____ 1. I contribute time and/or money to social and community projects.

_____ 2. I am committed to a lifetime of volunteerism.

_____ 3. I have a network of close friends and/or family.

_____ 4. I am able to balance my own needs with the needs of others.

_____ 5. I try to abide by the laws and rules of our society.

_____ 6. I am a compassionate person and try to help others when I can.

_____ 7. I support and help with family, neighborhood, and work or social gatherings.

_____ 8. I enjoy time I spend with others.

_____ **Total for Social Wellness**

SCORE	MEANING
12 to 16 Points	Excellent strength in this dimension.